

Penne Pasta (Vegan)

(For ISPO)

Penne resembles an old-style quill pen. This shape is enjoyed throughout Northern Italy and in Campania, where it is prized for its wonderful versatility and its ability to absorb and retain sauce on its surfaces, inside and out.

Nutrition Facts (1serving)

1.0 servings per container	
Serving size	2 oz (56g-about 1/8 box)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	42g
Dietary Fiber	2g
Sugars	2g
Protein	7g
0% Vitamin A	
0% Vitamin C	
0% Calcium	
10% Iron	

Recipe:

Bring 4 quarts of water to a rolling boil, add salt to taste. Add contents of package to boiling water. Stir Gently. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 7 minutes. For more tender pasta, boil an additional 1 minute. Remove from heat. Drain well. Serve Immediately.